



Carolina's Premier Youth Hockey Club



JUNIOR HURRICANES PUCK REPORT

September 2024  Issue #1

Community Corner

We are asking the membership to submit content to newsletter@juniorcanes.org by the 20th of each month. We're excited to showcase the dedication and hard work our members put into their volunteer efforts. Stay tuned for updates on all their amazing contributions!

Submit content to newsletter@juniorhurricanes.org

Subject Line: Community Corner



Our Junior Canes are already making a difference in our communities and the season has just begun!



On Saturday (8/10), the 16U Black & 13U Red teams joined forces to support the "Back 2 School Bash (B2SB)" at Garner United Methodist Church. This event aimed to equip over 1200 local students with backpacks, school supplies, hot lunch from the Interfaith Food Shuttle, groceries from the Food Bank, baby care essentials, health and vision screenings, and complimentary haircuts for the upcoming school year. Approximately 40 Junior Canes members, including players, coaches, and parents, volunteered to help out at the event, primarily organizing games for the children.

Junior Canes Rally around The Bartlett Family

A GO FUND ME HAS BEEN SET UP FOR BRIAR BARTLETT, THE 6Y OLD DAUGHTER OF A JUNIOR CANES FAMILY WHO SUSTAINED SEVERE HEAD TRAUMA WHILE ATTENDING HER BROTHERS GAME THE WEEKEND OF 8/24. PLEASE CONSIDER DONATING IF YOU HAVE NOT DONE SO ALREADY.

[HTTPS://GOFUND.ME/ED4F597F](https://gofund.me/ed4f597f)



Leadership Brief

Welcome to the 2024-2025 Junior Hurricanes season. We have significant achievements from the 2023-2024 season to build upon, as outlined in our Junior Hurricanes Wins below.

The Junior Hurricanes staff and Board of Directors have been working diligently to ensure our continued success and the achievement of our goals.

We have secured and are currently outfitting a new workout space at Iceplex, and we've partnered with experts to support our players' physical, nutritional, and mental development. More information on Mental Edge Hockey, nutritionists, and athletic trainer support will be provided soon. Additionally, we've optimized our ice time to offer more targeted, position-specific development programs.

However, we need your help to make this season exceptional and address the challenges we faced last year. Last year, the disciplinary committee saw a significant increase in parent behavior complaints, as well as player cell phone and social media infractions. While we adhere to USA Hockey guidelines for locker room monitoring, social media and cell phone etiquette extend beyond the locker room and into our homes and schools.

Wearing the Hurricanes logo and being a Junior Hurricane is a privilege that begins the day you sign your commitment. With this privilege comes the responsibility of adhering to our Parent-Player-Code-of-Conduct.

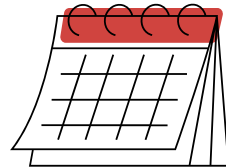
We must all recognize that we control our words and actions, which directly represent the Carolina Hurricanes and Carolina Junior Hurricanes.

Practicing grace can be difficult, particularly in emotionally charged situations. We encourage everyone to be conscious of their actions and words to ensure a positive and successful experience for all. This season, we challenge both you and your player to set a SMART goal aligned with the Parent-Player-Code-of-Conduct, aiming to minimize incidents. Our collective goal is zero incidents, as our primary focus is on the development of our players as both athletes, individuals and members of the community.

Increased disciplinary actions detract from this mission and reduce the time we can dedicate to their growth.

Thank you for your cooperation and commitment to your Junior Hurricanes. Let's make this season the best one yet.

The Board and Program Directors



UPCOMING EVENTS

September 2024

Concussion testing (1st 2 weeks)

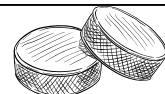
Team Photos

Continued work on the Iceplex Workout Space

Goalie VR Schedule

Off Ice Schedule Completion

See our social media sites for upcoming game schedules!





Monthly Learning Spotlight

Setting Goals



A goal is more than putting the puck in the back of the net. According to the Merriem-Webster a goal is “the end toward which effort is directed”.

You need to set Goals to score Goals!

Why we set Goals: Focus and Direction, life has many distractions, Goals keep us focused on achieving what we want and tuning out those distractions. Goals are also important to maintain a healthy mindset and overcome challenges that you face along the way and to power through those days you just “don't feel like it”.

Did you know there are **three types** of Goals?

1. **Process goals:** specific actions or processes of performing i.e Shooting pucks for 20 minutes a day. These types of goals you personally control.
2. **Performance Goals:** based on a personal standard - As a goalie I will have a save percentage of 0.9%
3. **Outcome Goals:** based on winning - these goals have the most outside influence and therefore least individual control. For example, I want to be chosen to be captain of the team.
The more you achieve your process goals the more likely you are to achieve your performance goals and the more you achieve your performance goals the better the likelihood you will achieve your outcome goals.

How we set goals:

Make **S M A R T** Goals:

S: Specific - Write down a highly detailed statement on what you want to accomplish

M: Measurable - How will you know your goal is met?

A: Attainable - your goal needs to match your ability and be achievable with hard work

R: Relevant/Realistic - relevant to you overall vision and purpose and achievable given your time and resources

T: Time Based - assign a time or date at which you should achieve your goal, or small deadlines to small achievements.

Example of a SMART Hockey Goal:

S: I hope to increase the strength and accuracy of my shot in order to score more goals. In order to do this I will work on my upper body strength, shoot more pucks, and attend stick and puck once a week.

M: I will increase my PPG average

A: I benchpress 150 pounds today, shoot pucks when I can, and have a PPG average of 1

R: I have a goal and pucks at home, time after school and a gym membership (resources)

T: I will bench press 200 pounds by January 1st, I will shoot 600 pucks a week every week, I will increase my PPG average by the end of the season on April 1st.

What is your Smart Goal?



Committee UPDATES



Finance

Disciplinary

Volunteer Concessions Program (2023-2024 season)

122 events, 57 families
representing 64 players
~\$150,000 earned in fee credits for
the 2024-2025 season
average of ~2,250 per player

We gave out 3 scholarships (available to rising Juniors and Seniors).

Girls Scholar Athlete - \$2500
Boys Scholar Athlete - \$2500
Justin Henley Memorial Scholarship
- \$2500



Junior Hurricane Wins 2023-2024 Season Recap

Tier 2 co-ed: 26 tournament championships, 2 league championships, 1 state championship / qualified for Nationals

Tier 1 co-ed: 6 tournament championships, 1 state championship, 2 district championships / qualified for Nationals

Tier 2 girls: 3 tournament championships

Tier 1 girls: 2 tournament championships, 1 district championship / qualified for Nationals

Co-ed players selected for CAHA Development Camp Tryouts: 30

Girls that earned a spot at Multi-District Camp: 9

Girls chosen for USA Hockey Select Camp: 1

Co-ed/Girls that earned a spot at USA Hockey National Camp: 6